



Do Shared Hobbies Really Matter in a Relationship?

לעילוי נשמת
מאיר יצחק בן יוסף אליהו הכהן ז"ל

Chayim asks:

Hi Aleeza! I'm sorting through the system and I see a lot of potential matches for my candidate, and I wanted your advice -

How important is it to have mutual hobbies/interests?

My candidate loves hiking, but does that have an actual effect on a relationship? Doesn't personality matter more?

Aleeza answers:

This is such a great question because it's one of the common places people get stuck when evaluating a match.

The short answer is this: shared hobbies are nice to have, but they are not the foundation of a healthy relationship. Shared values, life goals, and relationship skills matter far more.

Many people assume that because two people both love hiking, photography, pickleball, or travel, they must be compatible. The truth is that shared interests can make the beginning of a relationship easier and more fun, but they don't necessarily tell you whether two people can build a life together.

I've worked with thousands of singles, and I've seen wonderful marriages where the couple shares very few hobbies. What they

do share is a vision for their future, mutual respect, emotional maturity, and a commitment to growing together.

Let's take hiking as an example.

If one person loves hiking and the other prefers spending weekends reading at home, that alone is not a problem. The question isn't whether they enjoy the same activity. The question is whether they can support and appreciate each other's interests. One partner can go hiking with friends while the other enjoys their own hobbies. Healthy couples don't need to do everything together.

However, there are situations where an interest becomes much more important because it is tied to a person's values or life goals.

For example, if someone dreams of spending every free weekend backpacking through national parks, taking adventure trips around the world, and living a highly outdoors-oriented lifestyle, then hiking isn't just a hobby. It's part of how they envision their future. In that case, finding someone who enjoys a similar lifestyle may be important.

Another example might be someone whose religious life is centered around music. If leading communal music experiences is a major part of their identity, then a partner's comfort with that lifestyle could significantly impact

the relationship.

Notice the difference. The activity itself isn't the issue. The question is whether it connects to something deeper.

When assessing a match, I encourage people to ask: What does this hobby represent? Is it simply something fun they enjoy, or is it an expression of a core value, identity, or life vision?

So when you're reviewing potential matches for your candidate, don't focus first on whether they both love hiking. Focus on whether they share the things that sustain a relationship over decades: values, character, communication, commitment, and a compatible vision for the future.

Those are the things that carry a marriage long after the hiking boots come off.

Blessings, Aleeza ■

♥

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